



The ladies of the Georgetown District Seniors Centre (from left) Mary Graydon, Audrey Dilks, Dorothy Hazelden and Eleanor Murphy are busy preparing lots of goodies for the upcoming Seniors' Showcase.

Seniors invited to Tuesday's Showcase and Flu Clinic

Members of the Georgetown District Seniors Centre and Acton Seniors Recreation Centre are busy preparing for the Halton Hills Seniors Information Showcase set for Tuesday (Oct. 19).

The event will be held at the Gellert Community Centre from 10 a.m. to 4 p.m.

The event is open to all ages but provides one-stop shopping for information about services and products in the community that promote quality of life for seniors.

With more than 45 confirmed exhibitors, the event promises to be very interesting and entertaining.

The Halton Regional Public Health Flu Shot Clinic for Seniors and High Priority Individuals will also be offered during the information showcase.

For a ride to the event call the Georgetown District Seniors Centre prior to the day of the event at 905-877-6444. Everyone is welcome.

Ghosts and ghouls to haunt Acton Seniors Centre Oct. 29

I would like to thank Eileen for writing the column for me recently; I had a really nice visit with my cousins from Bristol, England and they were very impressed with the countryside around Acton and of course, the perfect weather I had managed to arrange for them.

I was disappointed to see there wasn't enough interest in either the line dancing or the Easy Does It fitness class, but hopefully there will be more interest in the next session. The Wednesday fitness class is being enjoyed by approximately 15 people under direction of Heinz Rusche from Georgetown. He has agreed to step into the gap left by Arleen Bruce- I must admit she is really missed. This class is a little more strenuous than our previous Fit and Fun class and includes more walking, stretching and muscle toning, but everyone seems to be enjoying it and so far, not too many complaints of sore muscles the next day. This particular class is weekly, so you don't have to sign up for six weeks like some town programs, so drop in and try it out. For \$3 you can't go wrong. The tai chi class had a large enrolment and everyone seems to be enjoying the new instructor.

Our next dinner at the centre will be celebrating Halloween on Friday, Oct. 29 at 6 p.m. There will be prizes for costumes, so start thinking about yours and join the fun. Tickets are on sale now; for members the cost is \$10 and non-members \$13. A bargain! Anyone who has been to any of the events at the centre knows that the entertainment is always great and food excellent thanks to Margaret and her crew.

There was another very successful trip to Casino Rama and the 50/50 winner was Tom Morrison, who was visiting from Ireland and the lucky window seat prize winners were Hilda Battison, Claude Couture Gwen Pemberton, Peggy Dickie, and Frank Rogers. Jeanne Burke received a birthday prize. The next trip is on Wednesday, Oct. 27. You must be at the centre by 8:30 a.m. as the bus leaves at 8:45 a.m. promptly to get to Orillia at the scheduled time. If you can't make it for some reason please phone Ruth. This week the bus waited for four people who hadn't let anyone know they wouldn't be able to attend, which sometimes cause problems when it reaches Orillia.

- By Julie Conroy, Acton Seniors Centre

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IT'S A BOY

Tim & Tara Holfing (nee) Schaefer are thrilled to announce the arrival of their 1st born

THANE RANDALL

born Monday, October 11, 2004 at Milton District Hospital.

First time grandparents Randy & Marjorie Schaefer and ninth grandchild for Chris and Colleen Holfing. Thanks to Dr. Hunter and the nursing staff at Milton Hospital. A very special thanks to Dr. Paul Zeni. All his visits and calls were much appreciated.

